

	YOU¹	TDF RIDER²	
Average speed on flat terrain	17–18 mph	25–28 mph	
Average speed on mountainous terrain	9–10 mph	21–25 mph	TV doesn't tell the real story: It's staggering to witness how fast pro cyclists go uphill. Their strength-to-weight ratios make these speeds possible.
Estimated average watts at threshold³	170–220	405–450	Depending on his size, a sprinter can produce more than 1,400 watts of power heading to the finish line.
Miles ridden in a week	75–140	700–800	
Calories consumed on a ride	200–450 ⁴	4,000–5,000	It's not unheard-of for a Tour rider to burn up to 8,000 calories during a single stage.
Hours of riding on a rest day	0	2–3	How is this rest? It seems counterintuitive, but a few hours of non-race-effort riding helps muscles recover.
Bottles of water consumed during a ride/stage	2–3 (on a 3-hour ride)	4–20	Depending on the stage distance, temperature, and terrain, the numbers fluctuate from 1 to 4 bottles an hour.
Cost of a race bike	\$2,000–\$7,000	\$9,000–\$14,000+	Nearly every Tour bike weighs 14.9 pounds, per UCI rules. Yours may weigh 15 to 18. Spend more and you can get one lighter than a pro's.
Chain replacements	Maybe once a season	2–3 per Tour	Each rider starts the race with a new chain. It's usually replaced once, twice if the weather is messy.
Flat tires over the course of 3 weeks	One or less	4–5	
Hours of sleep a week	40–50	70	During the Tour, the pros average about 2 hours of sleep for every hour

of racing.

¹A hypothetical average cycling enthusiast (okay, our friends Matt and Andy). ²Data supplied by Team HTC-High Road. ³Based on standard power profiles for a 155-pound Cat 5 and a high-level pro. ⁴On a 3-hour ride.